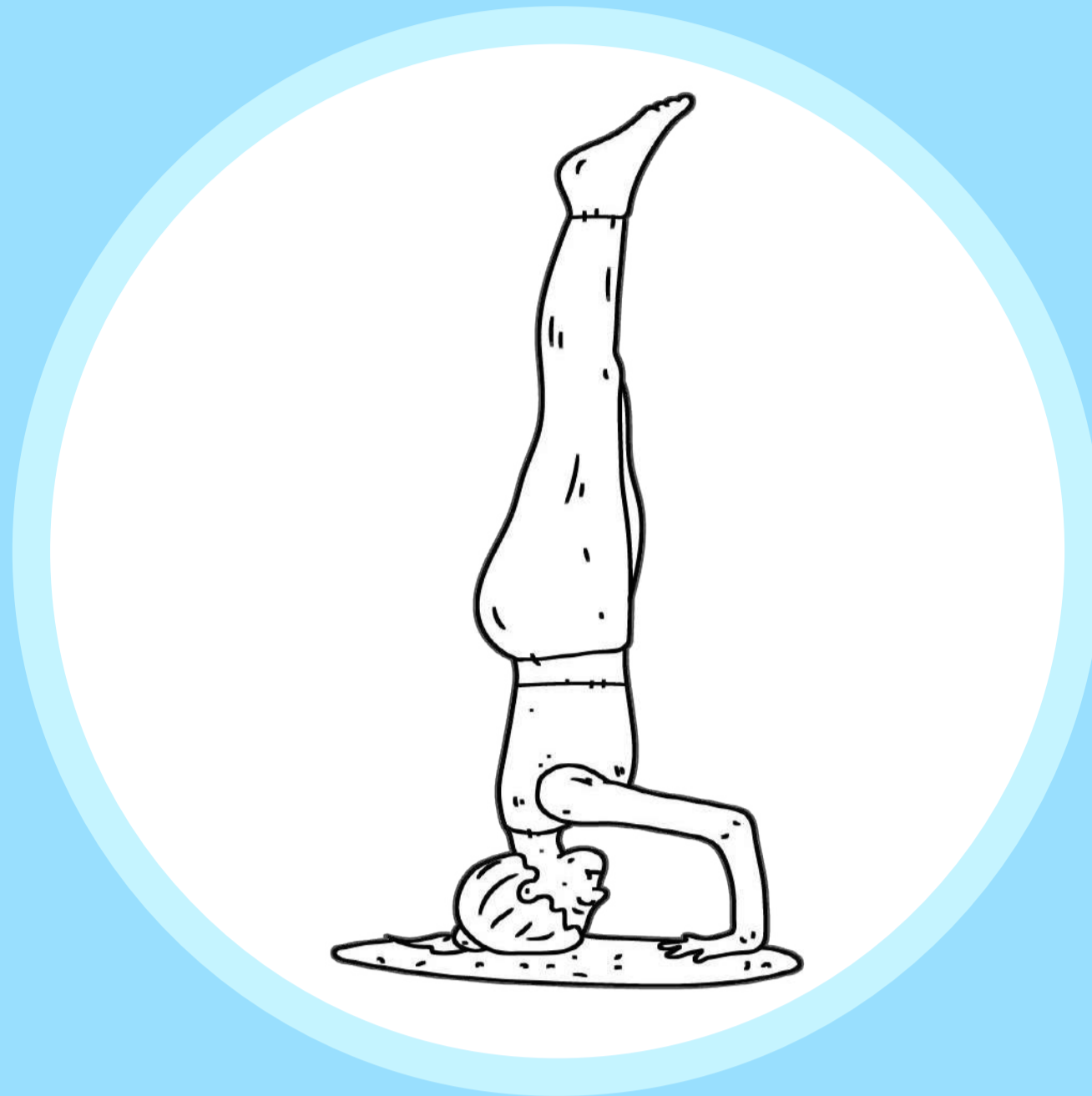
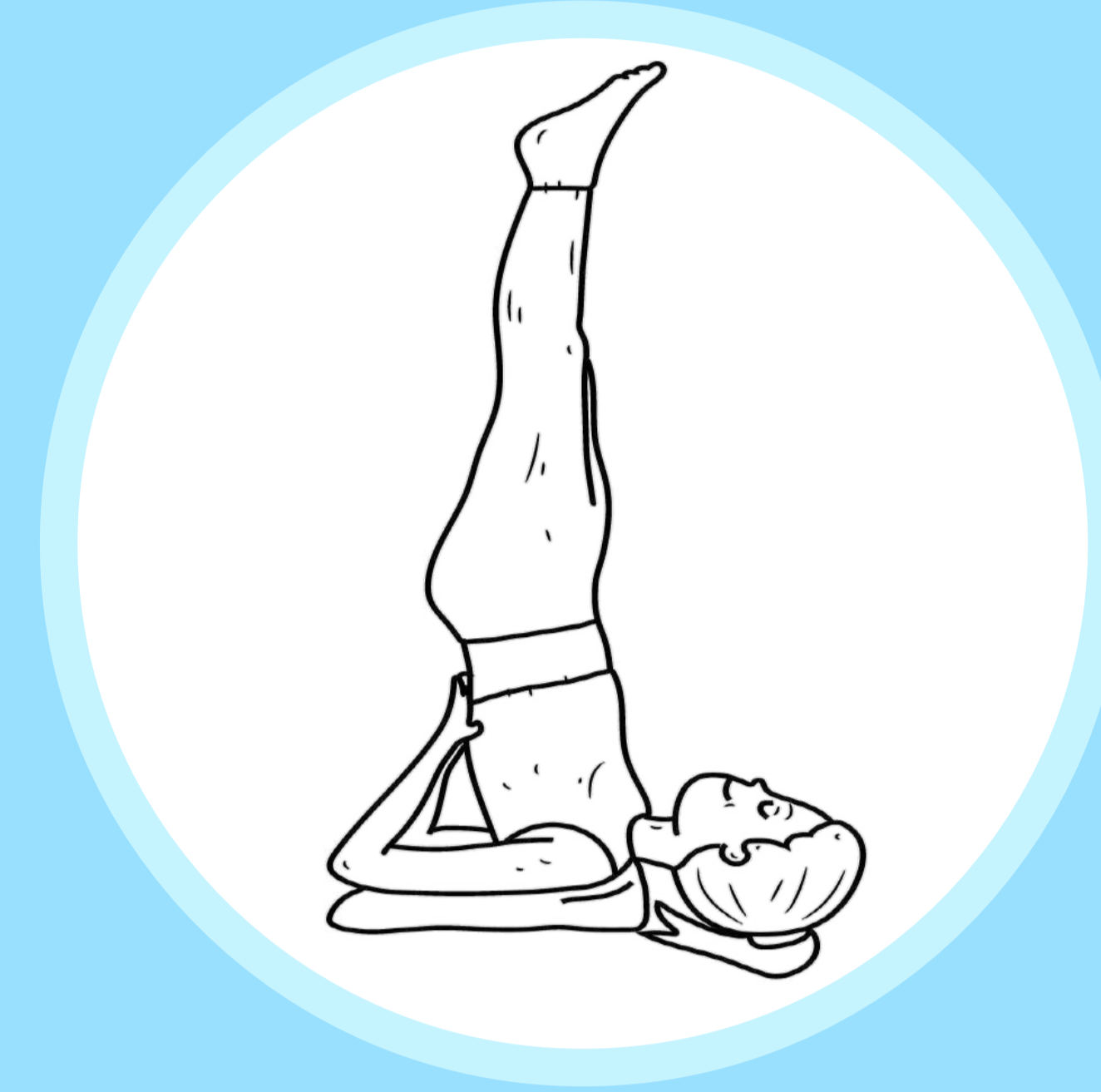


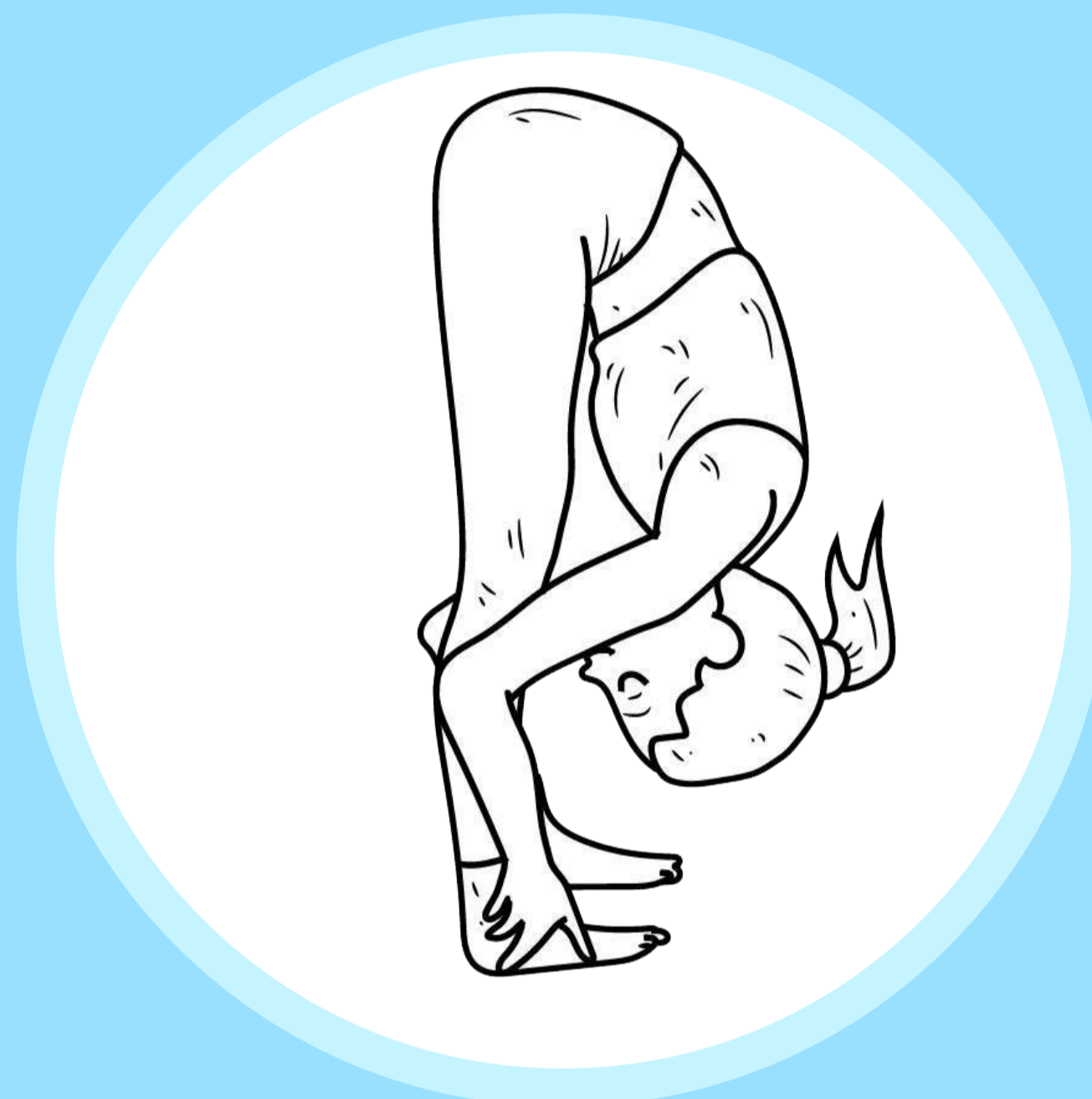
Loss of Memory (p. 1 of 4)



Sirsasana
(head stand)



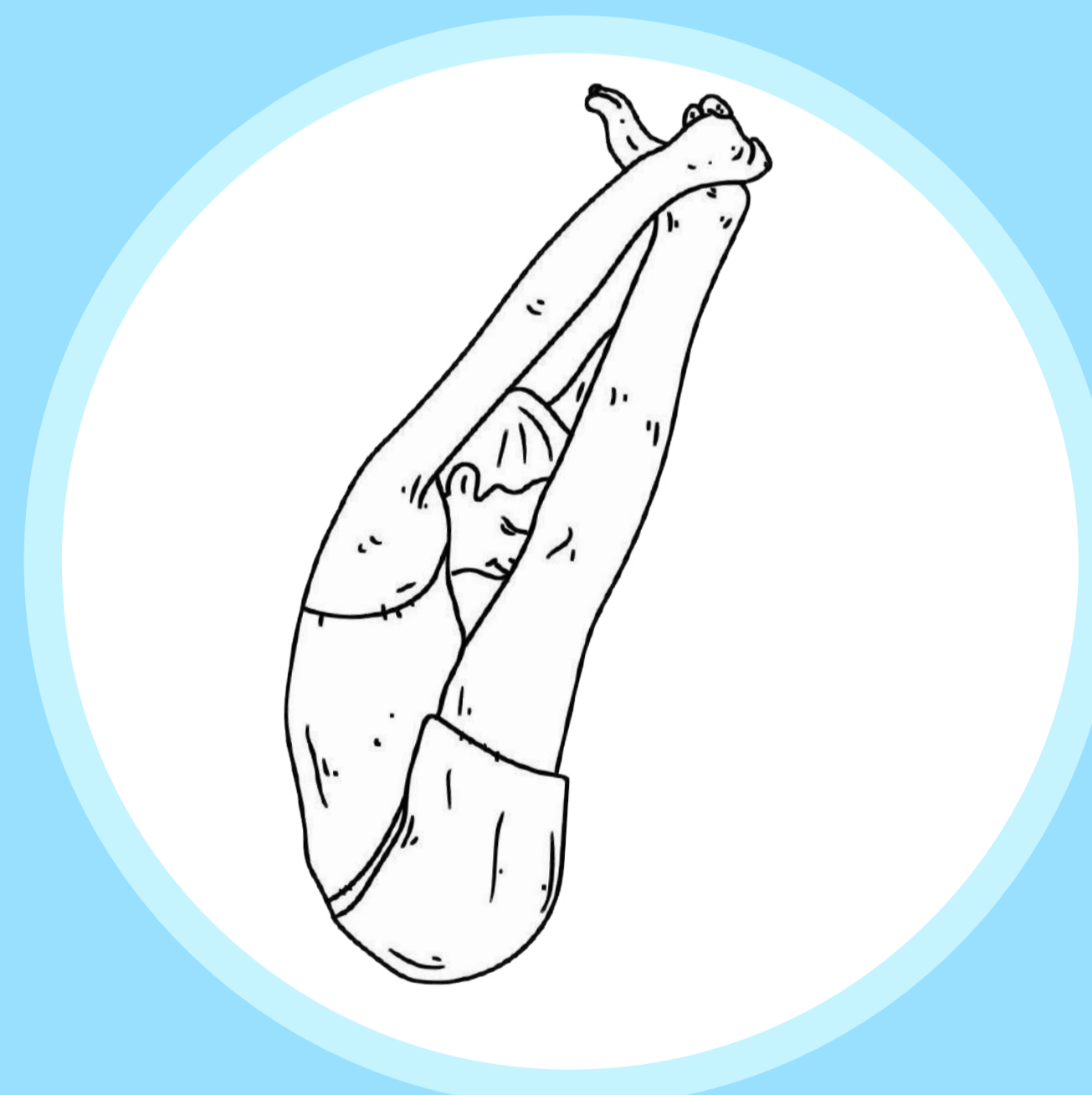
Sarvāngāsana
(shoulder stand)



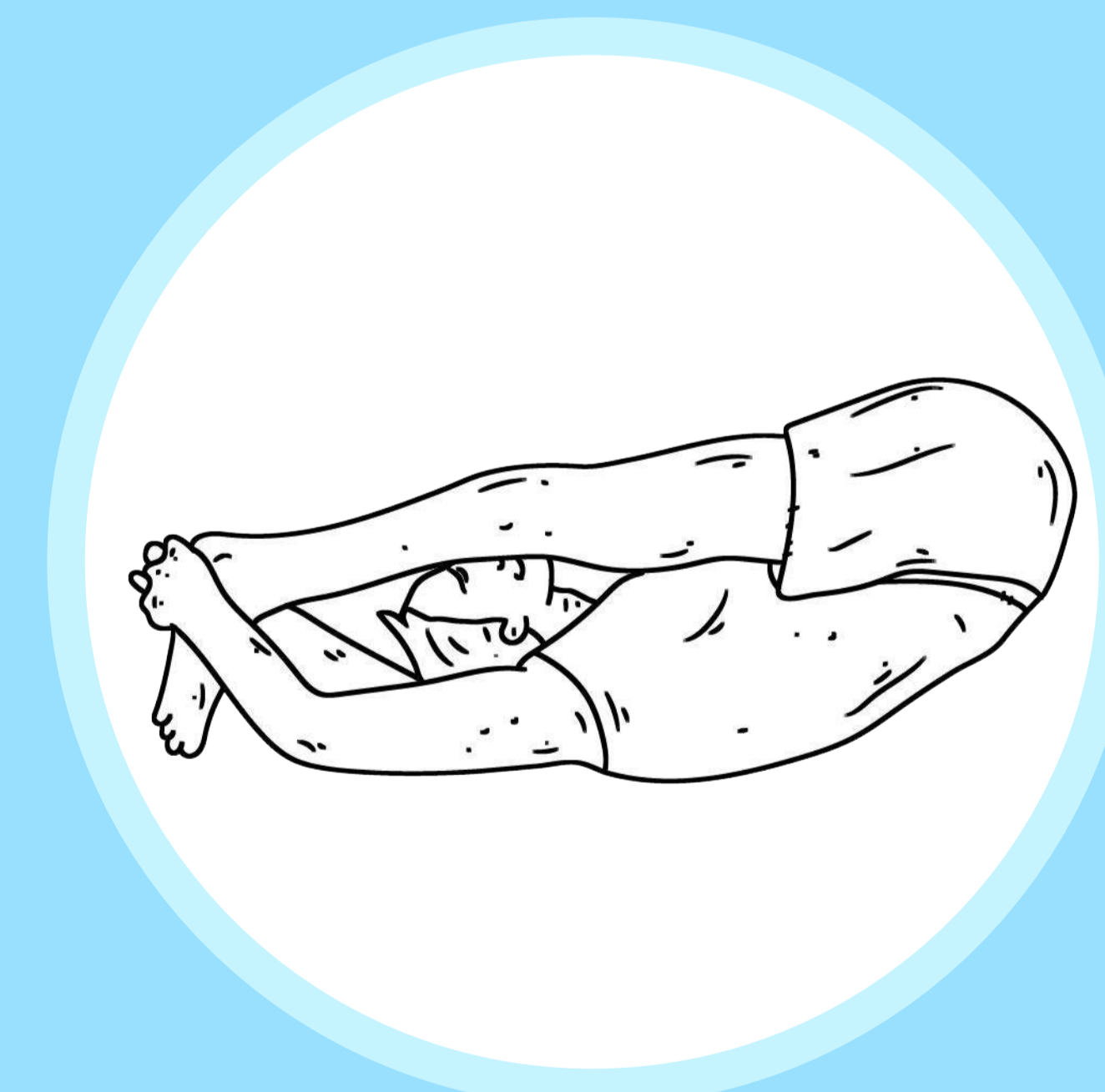
Uttānāsana
(forward fold)



Paschimottānāsana
(staff)



Ūrdhvamukha Paschimottānāsana I
(upward staff)



Ūrdhvamukha Paschimottānāsana II
(inverted staff)

Loss of Memory (p. 2 of 4)



Trāṭaka
(fire gaze)



Nāḍī Śōdhana with Retention



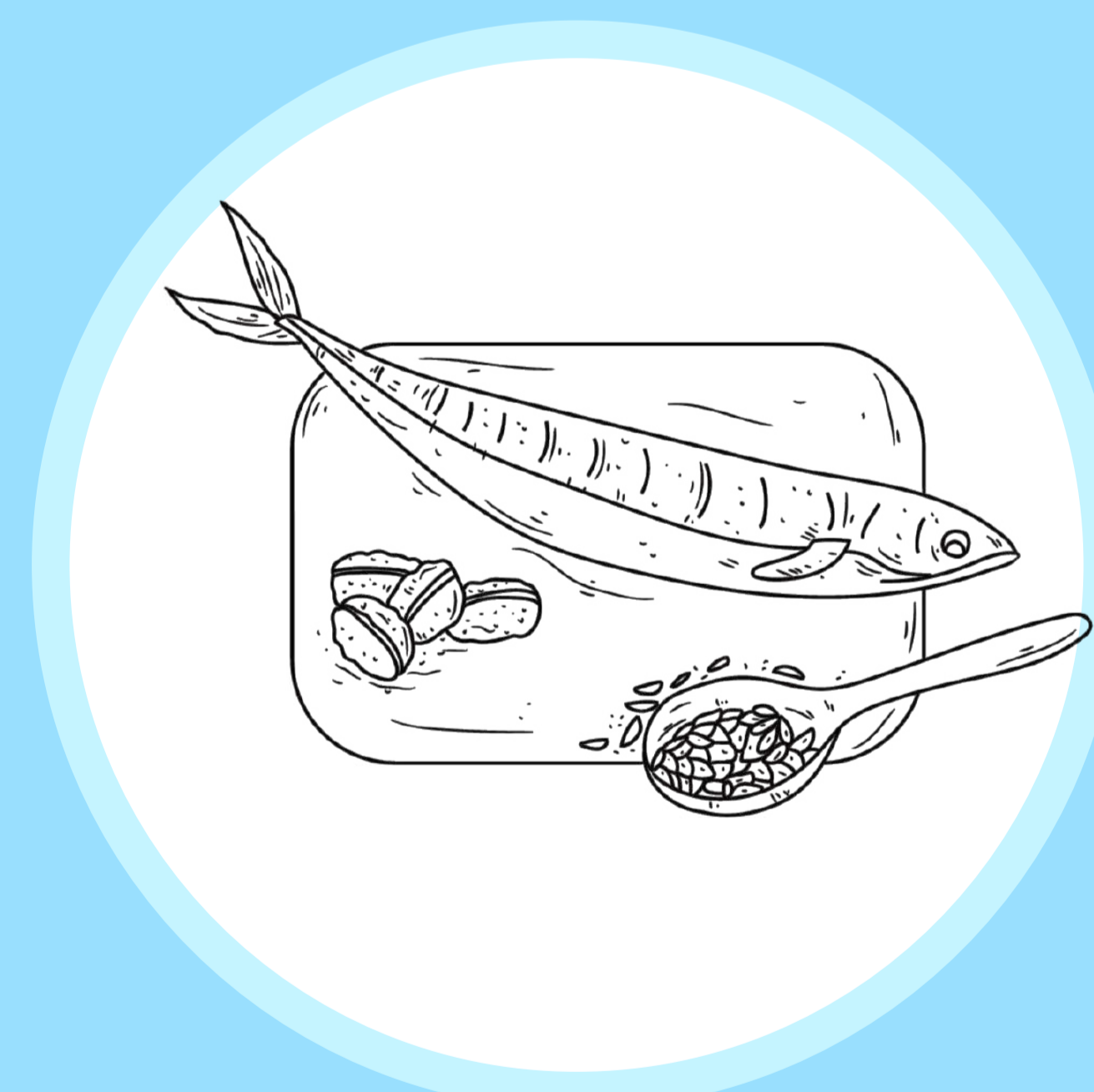
Bhastrika Pranayama



Hakini Mudra

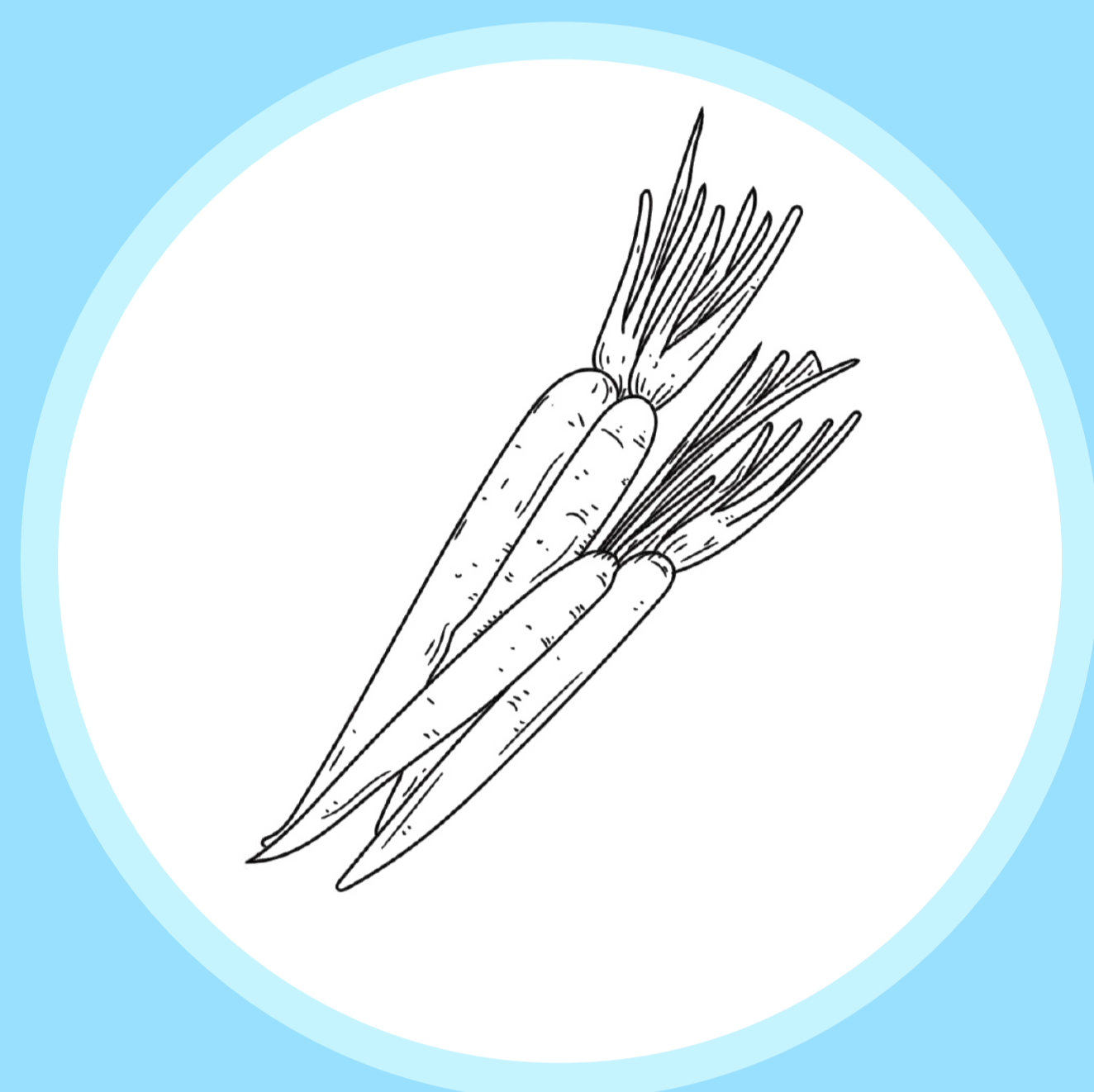


Magnesium



Omega 3s

Loss of Memory (p. 3 of 4)



Carrots



Aloe Vera



B Vitamins



Limit Sugar



Don't Smoke



Rosemary

Loss of Memory (p. 4 of 4)



Limit Alcohol